Docket No. 230314587-1

Amendments to the Specification:

Please amend paragraph [0032] with the following replacement paragraph.

inction control operably connected to the friction assembly 130 that is configured to ifiction assembly 130. The user controllable friction control may be manual (e.g., dial connection to friction assembly 130) or automated (e.g., servo 650 operably connected to friction assembly 130, as shown in Figure 7 operably connected to 10032] The height adjustment mechanism may also include a user controllable facilitate selectively establishing the amount of frictional force produced by the iriction assembly 820)

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